

FEBRUARY 2026

ROCKLAND YOUTH
WELLNESS HUB
SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON



- TEXT/CALL 613-577-7219 TO:
- SPEAK TO A PEER SUPPORT WORKER
 - BOOK AN APPOINTMENT
 - GET HUB INFORMATION
 - REGISTER FOR ACTIVITIES



@ROCKLANDYOUTHUB

| HOURS | |
|-----------|----------------------|
| MONDAY | 1-7 PM |
| TUESDAY | 10 AM - 4 PM |
| WEDNESDAY | OUTREACH SITE 9-3 PM |
| THURSDAY | 11 AM - 7 PM |
| FRIDAY | OUTREACH SITE 9-4 PM |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <div>2</div> <div>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB</div> | <div>3</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT</div> | <div>4</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT</div> | <div>5</div> <div>CLOSED</div> | <div>6</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |
| <div>9</div> <div>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB</div> | <div>10</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT</div> | <div>11</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT</div> | <div>12</div> <div>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 5:30-6:30 PM: NEURODIVERGENT GROUP: AFFIRMATION CARDS</div> | <div>13</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |
| <div>16</div> <div>CLOSED</div> | <div>17</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT</div> | <div>18</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT</div> | <div>19</div> <div>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: PAINT NIGHT</div> | <div>20</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |
| <div>23</div> <div>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT 4-5:30 PM: HOMEWORK CLUB</div> | <div>24</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 1-4 PM: NURSE PRACTITIONER</div> | <div>25</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT</div> | <div>26</div> <div>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4:30-5:30 PM: YOGA & MEDITATION</div> | <div>27</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |

PEER SUPPORT

Talk to someone with lived experience.

MENTAL HEALTH

Talk about stress, anxiety, depression, gender identity, eating disorders, feeling judged or bullied, etc. No topic is off limits!

ADDICTION

Get help with problems associated with substance use, addiction and gambling.

FINANCIAL AID

Call 613-577-7219 to get connected by telephone for help with your financial difficulties.

NURSE PRACTITIONER

Prescriptions, sexual health and all things medical.

EMPLOYMENT HELP

Get help finding employment through employment and career counselling, information resources, job opportunities and access to community and outreach services.

PARENT/CAREGIVER SUPPORT

Meet with a counsellor or PLEO peer support worker to get support and tools to improve your relationship with your child.



GROUPS/ACTIVITIES:

***Registration not required. Drop-ins welcome!**

LUNCH HANGOUT

Bring your lunchbox and come hangout at the Hub during your lunch break!

NEURODIVERGENT GROUP

Come create affirmation cards for Valentine's Day. Make one for yourself or for your friends and spread love and positivity.

Are you part of the neurodivergent community (ADHD, autism, Tourette's syndrome, etc.)? This group is for you! We meet on the second Thursday of the month for a fun activity. Come have fun and meet new people in a safe, caring environment. No pressure, just fun activities and a space where you can be yourself!

PAINT NIGHT

Come unwind at our paint night! All supplies are provided, just bring your creativity and good vibes.

MOVIE NIGHT

Looking for a chill evening? Come watch a movie, enjoy snacks, and relax with friends.

HOMEWORK CLUB

Join us for Homework Club! Get help with your assignments, study in a calm environment, and stay motivated with friends.

YOGA & MEDITATION

Come relax and move gently during our yoga session led by our Peer Support Worker, Victoria.

OUTREACH SITE IN HAWKESBURY AND EMBRUN

Offers one session counselling to assist you with a current problem and work together with you on possible solutions.

FOR INDIGENOUS YOUTH



Centred around culture and community, **Wabano** Indigenous youth programs (12+) give youth the opportunity to connect with each other and uncover their strengths.

Wabano aims to empower Indigenous youth of every background to forge their own path.

Check out their website calendar:
<https://wabano.com/calendar/>